

**Saratoga County Pre-diabetes Coalition
Meeting Minutes: Sept. 27, 2016**

Topic	Discussion	Action	Person Resp/ Time Frame
Welcome and Introductions	Welcome community members to the first Saratoga County Pre-DM Coalition Meeting. Attendees introduced themselves and shared their reason for attending.	None.	Informational
Overview of Purpose and Current State of Affairs	<p>Overview of National, New York State, and Saratoga County DM and Pre-DM statistics</p> <ul style="list-style-type: none"> • 9.5% US adults are living with DM (2011) • Diabetes Dx represents \$2.5 billion in healthcare spending (2012), which is a 5% increase from 2007 • Individuals living with DM spend an average \$14,000 on medical costs/year, \$8,000 of which is directly related to DM • Less than 10% of people living with DM have seen a CDE • 5 million NYS residents living with pre-diabetes • Now is an ideal time to campaign to reduce Pre-DM in our community due to: increasing healthcare costs, impact of DM on worker productivity, new improved healthcare system protocols/physicians directly treating obesity as chronic disease , affordable care act promoting increased preventative care • Examples of unfortunate common barriers to Pre-DM/DM treatment observed as a CDE/healthcare provider within Saratoga County community were discussed. Attendee input about barriers to treatment was encouraged. 	None.	Informational

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Guided Discussion	<p>Identification of key barriers to Pre-DM/DM healthcare; including high deductibles/copay, denial/"not me", lack of insurance, complicated insurance policies/lack of understanding of available benefits, limited time with doctor at visits, missed screening opportunities, patients not sure what to share with provider/not sure what to ask provider, county statistic assumptions, stigma, complicated healthcare system, transportation, lack of perceived seriousness, lack of priority for treating Pre-DM compared to other comorbidities, lack of available information throughout the county, change is hard/individuals not ready for diet/lifestyle changes</p> <p>(4) Key barriers identified /initial brainstorming session of ideas for overcoming barriers;</p> <ol style="list-style-type: none"> 1. <u>Perceived seriousness</u>: provider buy-in for reinforcement/uniformity of communication to patients across all healthcare team, "champion", education at work places or public communities/colleges, P.A.M, public speakers/1st hand patients, tour of end stage units 2. <u>Denial</u>: education about signs/symptoms/lifestyle changes/mindset, prioritize pre-DM, medication side effect awareness/not cure all, education about nutrition and reality of correlation, education on severity, repetitive reminders, help client use visual learning patterns 3. <u>Co-pay/Deductible</u>: encourage insurance companies to cover preventative care without copays, insurance to cover life coaches, insurances to be universal (state or legislature, 1 copay for multiple provided visits/one-stop-shop visit, donations to pay co-pays similar to dream foundation, community education as alternative to co-paid services, 4. <u>Transportation/access</u>: poor/rural- bring programs to them, satellite programs at local libraries, online health resources/literature, county resource handbook, social work for transportation assistance, insurance resources, volunteer drivers, info on bus system throughout the community, buss pass voucher programs <p>Of all barriers discussed (4) key barriers were selected and attendees broke into smaller groups to brainstorm ways to overcome each barrier.</p>	Information will be compiled and shared with attendees to further define action steps moving forward.	Judy Carr will compile information and share with attendees for review prior to next meeting.

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Next steps	<p>Next meeting will be October 25th at 12PM. Same location 59D Myrtle St Classroom 2A 12PM-1PM</p> <p>Next meeting we will be discussing the prioritization of strategies and designation of work groups.</p> <p>Please invite any interested parties to attend upcoming meetings.</p>	N/A	Informational
Final Additional Announcements	<ul style="list-style-type: none"> Attendees are welcome to bring their lunches to future meetings if desired Attendees can call into the meeting if unable to attend in person. For those calling in; From inside Saratoga Hospital organization: dial 5644, you will hear a beep and then you will be connected Calling from outside Saratoga Hospital organization: dial 886-5644 to be connected All are invited to participate in the Saratoga Moves free Community Walking program. When: October 22th. 8:30-9:30 AM. Where: Warming Hut, Saratoga State Park (final date at this location). Future location TBA (tentative location Saratoga YMCA) Ellis Medicine is starting two DPP programs in October, one in Schenectady and one in Clifton Park. Attendees encouraged to take fliers and promote to their clients. 	Meeting adjourned at 1:00 PM.	Informational

Respectfully submitted: Jodi Tamburrino, RD, CDN
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